

Sun. July 11	<b>OPEN SWIM</b>	<b>1:00 pm-</b>	<b>3:00 pm</b>
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
Mon. July 12	Rochester Swim Club Orca's	5:30 am-	8:30 am
	American Red Cross Children's Swim Lessons	8:30 am-	11:30 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	American Red Cross Children's Swim Lessons	1:00 pm-	2:30 pm
	Rochester Swim Club Orca's (Monday, Tuesday & Thursday)	3:00 pm-	6:30 pm
	Med City Swim Club	6:30 pm-	8:30 pm
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
	<b>ADULT LAP SWIM</b>	<b>9:00 pm-</b>	<b>10:00 pm</b>
Tues. July 13	Rochester Swim Club Orca's (Tuesday, Wednesday & Thursday)	5:30 am-	8:00 am
	Water Aerobics (Tuesday & Thursday)	6:15 am-	8:15 am
	American Red Cross Children's Swim Lessons	8:30 am-	11:30 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	American Red Cross Children's Swim Lessons	1:00 pm-	2:30 pm
	Med City Swim Club (Tuesday and Thursday)	5:30 pm-	7:30 pm
Wed. July 14	Water Aerobics (Wednesday and Friday)	7:15 am-	8:15 am
	American Red Cross Children's Swim Lessons	8:30 am-	11:30 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	American Red Cross Children's Swim Lessons	1:00 pm-	2:30 pm
	Rochester Swim Club Orca's	4:00 pm-	6:30 pm
	Med City Swim Club	6:30 pm-	7:30 pm
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
	<b>ADULT LAP SWIM</b>	<b>9:00 pm-</b>	<b>10:00 pm</b>
Thurs. July 15	American Red Cross Children's Swim Lessons	8:30 am-	11:30 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	American Red Cross Children's Swim Lessons	1:00 pm-	2:30 pm
	Adaptive Recreation	6:00 pm-	7:45 pm
Fri. July 16	Rochester Swim Club Orca's	5:30 am-	7:00 am
	American Red Cross Children's Swim Lessons	8:30 am-	11:30 am-
	<b>ADULT LAP SWIM – (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	American Red Cross Children's Swim Lessons	1:00 pm-	2:30 pm
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
Sat. July 17	<b>OPEN SWIM</b>	<b>1:00 pm-</b>	<b>3:00 pm</b>
	MDC Sports	4:00 pm-	8:00 pm
Sun. July 18	MDC Sports	8:00 am-	12:00 pm
	<b>OPEN SWIM</b>	<b>1:00 pm-</b>	<b>3:00 pm</b>
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>